

Dear Employee:

Have you ever experienced a stressful period in the relationship with your child, spouse or significant other? Has your workload ever appeared overwhelming and unmanageable? Have you ever felt depressed, but weren't sure why? At one point or another, these and other concerns may affect your life. When this happens, it is often difficult to know where to turn for help. Your employer recognizes this and wants to provide a solution.

Your agency, through FedSource/Franchise Business Activity, has contracted with ComPsych<sup>®</sup> to provide Employee Assistance Program (EAP) assessment services for you and your family members when help is needed. Their counseling staff has years of experience in dealing with family and parenting problems, relationship concerns, alcohol/drug abuse, stress, depression and a variety of other issues. If you would like to schedule an appointment, **please call them at 1-888-290-4EAP. (TDD for the deaf or hearing impaired: 1-800-697-0353.**

Your EAP assessment visit(s) is provided at no cost. The purpose of the assessment is to help you accurately identify your problem, discuss possible solutions, and clarify additional resources, if necessary. Should you choose to pursue any of the recommended resources, you would be responsible for the cost of those services. Your health benefits may cover part or all of those costs.

Additionally, provided through your EAP are FamilySource<sup>®</sup> (child care & elder care information and referral services), FinancialConnect<sup>SM</sup> (financial consultation and referral services) and LegalConnect<sup>®</sup> (legal consultation and local referral services, when necessary).

Our services are strictly confidential and easy to use. Please give ComPsych<sup>®</sup> a call when you need help or advice. We welcome the opportunity to assist you and your family.

Your Employee Assistance Program

FedSource